

Monday, 15th July 2024

Monday Strollers:

Location: Ffos Las

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Eileen Beaumont Back Marker: Julia Clark

To register: Contact Eileen on 07837 157 175 (*by text preferably, please*)

Registration will open at 10am on Friday, 12th July 2024 and will close at 8am on Monday, 15th July 2024

Additional Information: This will be a leisurely stroll along an easy, flat route. The route will take us along tracks and grassy paths. *Please note that* some of the tracks are uneven and the paths could be damp and muddy in places - walking boots and a walking pole are therefore recommended. Please bring a drink and a snack for a mid-walk break.

Please note that dogs must be kept on leads at all times. Thank you.

Parking for the walk will be in the Woodland Trust car park at Coed Ffos Las in Carway. *Please note that* this is not a large car park and it is also used by local people and dog walkers - please could you arrange to 'car share', if at all possible. Thank you.

The walk will start at 10am from this car park.

Directions to the car park in Coed Ffos Las:

Please note: you are advised not to use the postcode for the Woodland which is given online as it will take you into a large residential estate! Please follow the directions below!

Coed Ffos Las is near the village hall in the centre of Carway. It is not very well signposted however! There is a series of 'speed calming measures' along the main road through the village - whether you come to Carway from the Llanelli / Kidwelly direction or from the Carmarthen / Pontyates direction you will drive over FIVE of these 'bumps' before turning off the road for the Woodland!

Landmarks: If you are coming from the Llanelli / Kidwelly direction, you will see a Pizza Takeaway on your right - the access road to the Woodland is on the right just after this, between two houses. If you are coming from the Carmarthen / Pontyates direction, you will see the village hall, set back off the road, on your right - the access road to the Woodland is then on your left, between two houses.

Roamers By Bus:

Location: Blackpill to Swansea

Length: 3 - 4 miles

Maximum Number of Participants: 20

Walk Leader: Janice Evans Back Marker: Jean Witheridge

To register: Contact Janice on 07967 967 411 (*by text preferably, please*)

Registration will open at 10am on Friday, 12th July 2024 and will close at 10pm on Sunday, 14th July 2024

Additional Information: This will be an easy walk along a flat surface.

Travel Information: Please take the X11 bus service, which leaves Llanelli Bus Station for Swansea at 9.14am.

Wednesday, 17th July 2024

Walk 1:

Location: Carway: Coed Ffos Las / Glyn Abbey Golf Course - a *'figure of eight'* walk

Length: 6 miles (approx) Grade: C

Walk Leader: Heather Stretch Back Marker: Fran Balch

To register: Contact Heather on 07815 010 417 (*by text preferably, please*)

Registration will open at 9am on Sunday, 14th July 2024 and will close at 9am on Wednesday, 17th July 2024

Additional Information: This walk, which is relatively flat, offers some great views over the surrounding countryside, *weather permitting!* The first section of the route will take us along paths within Coed Ffos Las, the First World War Centenary Woodland which is managed by the Woodland Trust, as well as around the perimeter of Ffos Las Race Course. We will then continue our walk along a short section of main road and a quiet country lane before we cross Glyn Abbey Golf Course on designated paths. We will then return to the car park along a pavement which borders the main road through the village.

Please note that much of the route is firm underfoot *but that* a new path, which has been opened up through woodland on the perimeter of Coed Ffos Las recently, is a little overgrown and wet and muddy in places. Some sections of the path around the perimeter of the race course are also muddy and stony in places and one short section of a path across the

golf course is also overgrown! *However*, all these paths are 'passable' with care! Walking boots are essential and gaiters and a walking pole are advisable!

Parking for the walk will be in the car park of Coed Ffos Las in Carway. Car parking is fairly limited and the Woodland is used by local people and dog walkers during the day. Please could you arrange to 'car share' if at all possible - to relieve the pressure on the car parking area. Thank you.

The walk will start at 10.30am from this car park.

Directions to the car park in Coed Ffos Las - *please note that the postcode for the Woodland given online will take you into a large residential estate! You are therefore advised to follow the directions given below!*

Coed Ffos Las is near the village hall in the centre of Carway. It is not very well signposted however! There is a series of 'speed calming measures' along the main road through the village - whether you come to Carway from the Llanelli / Kidwelly direction or from the Carmarthen / Pontyates direction you will drive over FIVE of these 'bumps' before turning off the road for the Woodland!

Landmarks: If you are coming from the Llanelli / Kidwelly direction, you will see a Pizza Takeaway on your right - the access road to the Woodland is on the right just after this, between two houses. If you are coming from the Carmarthen / Pontyates direction you will see the village hall, set back off the road, on your right - the access road to the Woodland is then on your left, between two houses.

Post-walk refreshments will be at Glyn Abbey Golf Club.

Walk 2:

There is no Walk 2 scheduled for this Wednesday at the moment.

Details will be sent out separately if one becomes available.

Thursday, 18th July 2024

An Early Evening Walk

Location: Bryn

Length: 4 miles (approx) Grade: C

Walk Leader: Monica Rees Back Marker: Linda Thomas

To register: Contact Monica on 07518 792 916 (*by text preferably, please*)

Registration will open at 10am on Monday, 15th July 2024 and will close at 6pm on Wednesday, 17th July 2024

Additional Information: This will be a leisurely evening walk around the Bryn area of Llanelli. *Please note that* the route crosses some fields - walking boots are therefore recommended.

The walk will start at 6pm from outside the Bryn Breakfast café (Postcode:SA14 9UF) - there is parking available in this area.

Saturday, 20th July 2024

Location: Cilybebyll Circular

Length: 7.5 miles Grade: B

Walk Leader: Pam Planchant Back Marker: Pat Pope

To register: Contact Pam on 07974 184 143 (*by phone or text*)

Registration will open at 6pm on Wednesday, 17th July 2024 and will close at 8pm on Friday, 19th July 2024

Additional Information: The route of this pleasant walk will take us mainly through woodland and across fields. *Please note that* there are a few steep climbs and *that* we have to 'clamber over' a few fallen trees!

Roadside parking is available at the far end of Ashwood Drive, Gellinedd, where the walk will start at 10.30am.

Directions: Postcode: SA8 3HL Grid Reference: 738 043

- From Pontardawe, take the A474 towards Rhos - the turning for Gellinedd is on the left at the top of the hill out of Pontardawe
- Turn LEFT here and then first LEFT into Ashwood Drive and park at the end of the road